

The Complete Guide to Stress Management

In the Complete Guide to Stress Management, expert Dr Chandra Patel identifies the cause of stress and how different people respon to them, an dexemines how stress contributes to development and exacerbationof numerous illnesses, such as heart disesase and high blood pressure. She than provides simple but effective relaxation techniques which counteract and alleviate the harmful affects of stress and enhance the quality of our lives.

